



Susi Jones Monthly Newsletter



August 2022

Reflection on July with Kristin

This month, I accomplished a huge goal. After talking and planning and learning and growing, I launched my podcast: **Hometown Paranormal**.

<https://hometownparanormal.buzzsprout.com/share> This was huge. I spent over a year working towards this goal in my limited amount of free time as a working mom, and accomplishing this was a true learning experience. Not only did I learn new technology and new ways to tell a story, but I also learned new ways to deal with self-doubt and self-sabotage. After launching my first episode, I told my spouse that I felt ten years younger. And that was true. I felt light and invigorated. But there was more to it than that.

When we were young, we were always learning and growing. We were often pressed to try new things and experience new adventures. If we were lucky, we had parents to encourage us, friends to join us, siblings to push us, and a whole world enticing us. Everything looked fun and exciting, and every cell in our being told us that we could do anything. But as we grew, many of us began to limit ourselves, or we let other people's ideas of how we should be, or how the world was limited to us. We stopped seeing the world as fun and exciting. We stopped being encouraged to learn new things and we started being encouraged to apply the learning we'd already done. But learning is a journey, not a stopping point. We need it to grow, and we need it to thrive. We need it to keep the light in our hearts and a smile on our lips. I am happy to say that I learned a lot this month, and the many months leading up to this one accomplishment. And I hope that you are learning and growing, as well. I hope that you are thriving and smiling and achieving all that you set out to learn in this lifetime.

Yours in Health,
Kristin Kozlowski

Wellbeing



When the weather heated up in the UK it created pain in my legs, I asked the Goddess Isis what she would have treated them with. She said - Camphor leaves poultice! I thought that was brilliant and I purchased Camphor Oil. A friend suggested Castor Oil - and I purchased that (I thought it was just for constipation!!). I created a 'poultice/patch, wrapped my legs in bandages, covered in plastic and then heated my legs up. An hour later I removed these and I can honestly say the pain has not returned despite spikes in temperature in the UK.

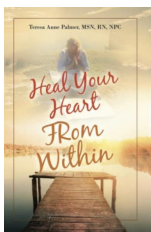
I am a great believer in alternative medicine, tea tree and lavender oils are my first aid kit. I use magnesium sulphate paste, witch hazel, calamine, peppermint, apple cider vinegar, bicarbonate of soda, white vinegar, coconut oil, turmeric, cinnamon, ginger, lemon to name a few and herbs from my garden

Goddess Isis was a medicine woman and I do believe that we need to get back to the 'old fashioned' remedies and attitude towards healing. Our primary care service is under pressure and we need to take as much action as we can to keep physically well, healthy in mind and happy in spirit.

Books with Teresa

I invited Teresa Anne Palmer to share a little about her newly published book

Heal Your Heart from Within



Teresa Anne Palmer: Author and Holistic Cardiology Nurse. My book is about recognizing and utilizing the power in you. I give you the knowledge and the tools to integrate the actions that promote well-being, to be confident and self-assured, to rewrite the script-to be empowered and take charge of your life.

Throughout the book are the tools needed to heal the heart and to ignite the power within-to take charge and live the life you are intended to live.

- 1) Living from your heart with compassion, forgiveness, resilience , and gratitude.
- 2) How intentions and perceptions influence the ability to be intuitive
- 3) Intuition connects you to your heart
- 4) Connecting to the "self" with through the practices of meditation, intentional breathing, and yoga nidra.
- 5) Understanding and working with the subtle energies- the chakras, auras, the physical, emotional, and spiritual bodies.

<https://www.amazon.co.uk/dp/B0B4KFSMDX>

Meditation with Karen



When we take time in Mystery - that magical place where the world stops and the magic begins..... We find a deep and powerful peace. This is also the place of our greatest creativity, when we get lost in learning, lost in creation we make space for new ideas. I invited Karen Taylor to provide us with a beautiful meditation Here it is "Flow": <https://youtu.be/n9y4VpmDmDo>

You will find Karen on Facebook:

<https://www.facebook.com/kartaylor333>

<https://www.facebook.com/ktaylorhypnohelp>

Recipe

We love a dip with our salad and homemade hummus is just perfect. (we halve this recipe for the 3 of us) No Preservatives No hidden ingredients - just fresh, just delicious.

Into a blender add:

A can of chickpeas (drained but save the liquid)

2 -3 tablespoons of this liquid

4-5 Sun Dried tomatoes (in oil) (we sometimes use roasted peppers in oil)

1-2 tablespoons of their oil or Olive oil

1 tsp Smoked Paprika

1 tsp Paprika

½ tsp Garlic granules

Blend at high speed until smooth or the texture you prefer

Add more oil or chickpea liquid to achieve the consistency you enjoy.

Spoon into a beautiful dish, top with a swirl of oil and a little paprika

Get creative and add whatever you want - we also use other tinned beans to change things up a bit!

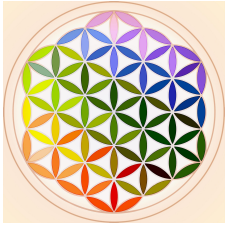
Creativity



I hope you are able to build castles on the sand, climb trees, sit under moonlight and listen to the sounds of nature this August.

Whatever is your 'go to' creative pastime, prioritise your own needs at least once a week to do what you love. YOU are a creator and it is in this space that you raise your vibration and fill yourself with joy.

Sacred Healing



Goddess Isis says that Sacred means belonging to the infinite and sacred healing is Connection to the Infinite Being, God or All that is.

When we step out of alignment with all we are, we restrict, constrain and limit possibility.

We step out of alignment when we disconnect from ourselves, others and the world. This shows up in poor functioning, difficult relationships

and ill health.

To heal ourselves therefore, we must seek alignment with our Infinity. We do this in the physical by connecting with our mystery, those parts of us that know all that we have ever known or will know.

We take time out to connect with our breath, our heart and our body, to be conscious of our own being, to understand ourselves and to accept and love who we are. Then we will know that we Belong to the Infinite and will 'line up' with health, abundance and love.

The Sacred Path of Warriors of Light leads to service, but first we must serve ourselves in order that we show up as authentic, powerful healers and transformational thought leaders.

Circle of Light



Our July Circle of Light was led by Kristin and was a powerful and transformative healing, here is the link to her facebook page:

<https://www.facebook.com/kkozlowski>

Our August Circle on 8th August will be a shared event, where we spend time getting to know each other and sharing our gifts. New members are always welcome, it is a gentle space with no expectations.

8th August @ 18.00 - 19.00 - London Time - Doors open at 17.30

<https://us02web.zoom.us/j/89360967014?pwd=UzZlUDNyS3RFQ1k5ZUJ2MmxJMkNYZz09>

Gratitude

The Art of Letting Deep Gratitude Emerge- by Michael Alperstein

Have you ever tried really hard to find things you're grateful for? So hard it put pressure on you and did not really work? Trying sometimes leads to a breakthrough, yet there's an easier way.

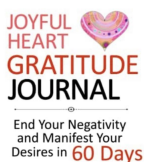
A deep feeling of gratitude effortlessly emerges when your heart supersedes your mind.

Try this: Shift your attention into the feeling of your heart. Breathe deeply and notice your chest expand. Realize there's more than your physical heart.

In this space in your Being exists a love of things that already are true in your world. No matter how difficult your life is right now, you already have some things you enjoy. Gratitude is feeling this space in your heart, not looking outside you. Take a deep breath and let a natural feeling of gratitude emerge. You can do it. Don't worry about right or wrong. There are no strict steps. Just delve deeper into the familiarity of where you already are.

From a heart-centered perspective, you will discover that any complaints are surrounded by things you are genuinely grateful for. Let a grateful heart wash over your thoughts like waves overlapping the shore.

Michael Alperstein is the author of *The Joyful Heart Gratitude Journal: 60 Days to Manifest Your Best Self and Activate Your Spiritual Power*



Link to Michaels book <https://www.amazon.com/dp/B09SFFKJTD>

Michael can be found

<https://www.facebook.com/MichaelAlpersteinLuminousLiving>

Michael Alperstein

Date for your August Diary

Circle of Light: 8th August @ 18.00 - 19.00 (doors open at 17.30) London Time
10.00 Pacific, 11.00 Mountain time, 12.00 Central 13.00 Eastern, 17.00 UTC, 21.00 Dubai
<https://us02web.zoom.us/j/89360967014?pwd=UzZlUDNyS3RFQ1k5ZUJ2MmxJMkNYZz09>

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ISIS.WISDOM



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